

*Goal: of the Sheffield Senior Center is to facilitate seniors' abilities to enjoy a high quality of life.*

*Mission Statement ...to provide life-enriching activities and relevant information on issues that affect seniors, and to assist them in obtaining services necessary for their well-being.*

## *Sheffield Senior Crier*

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*"To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent - that is to triumph over old age."*

*~Thomas Bailey Aldrich*

*News from the Sheffield Senior Center, 25 Cook Road*

*(Published in part with funding from Executive Office of Elder Affairs)*

*Hours: Mon-Fri 9AM-4PM, Jennifer Goewey, Executive Director, [jennngoewey@sheffieldma.gov](mailto:jennngoewey@sheffieldma.gov)*

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*Sheffield Senior Crier is regularly posted on the town website ([www.sheffieldma.gov](http://www.sheffieldma.gov))*

*Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.*

### ***FROM THE DIRECTOR:***

First, I would like to extend a warm welcome to Madonna Meagher, who was appointed as the Assistant to the Senior Center Director! We are excited to welcome Madonna and look forward to the skills and experience that she will bring to the senior center. Please be sure to stop in and introduce yourself to her if you have the chance. I am happy to be moving forward into the New Year with an assistant because we certainly are very busy! The Council on Aging was recently awarded several grants, some that we will be implementing immediately this month. The new programming includes a bi-monthly **bereavement group**, an “**Age Mastery Program**” and a “**Live Your Life Well**” program. We also received funds to resume our “**Keep Moving Walking Club**” and funds to allocate toward our Tuesday/Thursday exercise program. In total, we received \$6,480.00 of funding through these grants. As you can imagine, we are very excited about these awards and the enhanced programming it will bring to the senior center! Do not hesitate to call if you have any questions at all in regards to any of the new programming you see. In closing, winter has decided to join us and seems to be here to stay. Please be sure to stay safe and have adequate heat for the season. Remember, if you have any concerns or needs, please contact our office so that we may assist you.

### ***ACTIVITIES/PROGRAMMING:***

**Bereavement Support Group-** Will meet the 2<sup>nd</sup> Tuesday (February 9<sup>th</sup>) from 5:30-6:30 and 4<sup>th</sup> Tuesday (February 23<sup>rd</sup>) from 1:00-2:00 of every month. You may come once or twice per month as you wish. It does not matter where you are at on your journey of grief; there is room for you here to share and receive comfort and support. Please call the senior center with any questions. 229-7037. Group will be led by Cynthia Casoff Henry~

**Keep Moving Walking Club-** Is back and we could not be any more excited to introduce Barbara Delmolino as our new walking group leader! This group will meet every Tuesday and Thursday at 3:30 pm, at Mt. Everett High School at the community entrance. Please call to sign up and if you have any questions. 229-7037.

**LEO (Let's Eat Out) – Thursday, February 11<sup>th</sup> at 5:30 pm:** We will be going to the *Castle Street Café* in Great Barrington. Please call the senior center to sign up. 229-7037

**BINGO-** Wednesdays at 1pm: **Following the congregate meals every week.**

**Pitch-** Every Thursday at 10 am: Please call the senior center to sign up or for more information. We are still looking for a few more players to commit! 229-7037

**Toddler Program-** Wednesdays, February 10<sup>th</sup> and February 24<sup>th</sup>, from 10-11 am: If you would like to learn more about this intergenerational program that we host in conjunction with the Southern Berkshire Childcare Program, please call the senior center. We are always looking for more volunteers. 229-7037

**“Brown Bag” Food Program-** Wednesday, February 10<sup>th</sup> from 1-3: Distribution Day! Delivery is available for shut ins.

**Blood Pressure Clinic** –Thursday, February 11<sup>th</sup> from 10am-11am: Please call to make your appointment. 229-7037

**Third Thursday Potluck Luncheon- February 18<sup>th</sup> at Noon:** Please bring a favorite dish to share. Following lunch Lynn Pandell, LSW, CCM from Home Care Services of Massachusetts, will be joining us to share what their organization has to offer, and then we will have some fun playing wellness trivia!

**Get Cuffed Program- Thursday, February 25<sup>th</sup> from 2-3:** Berkshire Health Systems will be hosting the “Get Cuffed Program” a blood pressure clinic and informational session. If you would like to participate you need to rsvp directly to BHS at 413-854-9929.

**Men’s Breakfast- Monday, February 29<sup>th</sup> at 9am:** Please call the senior center to sign up. 229-7037

**Pottery:** This offering will continue on: **Monday, February 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> from 12:30-2:30.** This program is funded in part by: the Friends of the Sheffield Senior Center, the Housatonic Art League and the Council on Aging. Materials were generously donated by the Sheffield Pottery. Thank you to all that helped make this program possible!

### ***UPDATES/REMINDERS/ANNOUNCEMENTS:***

**New Programs-** Please take notice of the new additions to the calendar this month;

- **Bereavement Support Group**
- **Keep Moving Walking Club**

**Art Class-** The painting class led by Ellen Murtagh will resume meeting again in **March on Mondays, from 1-3.** Class is free, open to the community and limited to ten people. Transportation is available if needed. 229-7037

**Community Calendar-** The senior center will keep a community calendar to help with the planning and scheduling of community events! Please let us know of events happening so we can update the calendar monthly. This is for all community events within Sheffield! 229-7037

**Chess-** Anyone interested in playing chess? If so please call the senior center and let us know! We will need your name, telephone number, and email address if you have one and the days of the week and times of the day that will work for you. 229-7037

**Training- Seeking Volunteers!** Mass Dot will be joining us on February 4<sup>th</sup> at 1pm to provide training to staff and volunteers who wish to learn how to help senior’s complete Registry of Motor Vehicle transactions online. If you would like to help other seniors navigate the system so they can avoid having to go to Pittsfield, come join us for the training! It should only last about an hour, free, light refreshments will be provided. 229-7037

**Powerful Tools for Caregivers Class-** Elder Services of Berkshire County will be hosting a class for caregivers. This class will meet once per week for six weeks. You must attend all six classes! Dates: **March 14, 21, 29 and April 4, 11 and 25<sup>th</sup>,** from **10-12.** Class size is limited and is free of charge. Registration is required by March 7<sup>th</sup>. Please sign up by directly calling Bea Cowlin at **(413) 499-0524.** Lucky for us South County folks, you will know a familiar face as John Arthur Miller will be assisting to facilitate the class!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  10-12 Mahjongg  12 Spanish   <b>12:30 Pottery</b>	<b>2</b>  9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 11 Knit & Stitch  <b>11:30 Friends Meeting</b>  <b>3:30 Walking Club</b>	<b>3</b>  12 Spanish  <u><b>12 Congregate Meal</b></u>  <b>1 BINGO</b>  3:30 Chair Yoga	<b>4</b>  <b>9 Foot Nurse</b>  9 Exercise Class 10 Bridge 10 Pitch  <b>1 RMV Training for Volunteers</b> <b>3:30 Walking Club</b> <b>5:30 LEO Club</b>	<b>5</b>  9:45-11 Exercise Class  12 Spanish
<b>8</b>  10-12 Mahjongg  12 Spanish   <b>12:30 Pottery</b>	<b>9</b>  9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 11 Knit & Stitch <b>4 COA Meeting</b> <b>5:30 Bereavement Support Group</b>  <b>3:30 Walking Club</b>	<b>10</b>  <b>10 Toddler Program</b> 12 Spanish <u><b>12 Congregate Meal</b></u>  <b>1 BINGO</b> <b>1-3 Brown Bag</b>  3:30 Chair Yoga	<b>11</b>  9 Exercise Class 10 Bridge 10 Pitch <b>10 Blood Pressure Clinic</b>  <b>3:30 Walking Club</b>	<b>12</b>  9:45-11 Exercise Class  12 Spanish
<b>15</b>  <b>Senior Center Closed</b>  <b>Presidents Day</b>	<b>16</b>  9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 11 Knit & Stitch  <b>3:30 Walking Club</b>	<b>17</b>  12 Spanish <u><b>12 Congregate Meal</b></u>  <b>1 BINGO</b>  3:30 Chair Yoga	<b>18</b>  9 Exercise Class  10 Bridge 10 Pitch <b>12 Third Thursday Pot Luck Lunch &amp; Wellness Trivia</b>  <b>3:30 Walking Club</b>	<b>19</b>  9:45-11 Exercise Class  12 Spanish  <b>2:30 Commission on Disabilities</b>
<b>22</b>  10-12 Mahjongg  12 Spanish   <b>12:30 Pottery</b>	<b>23</b>  9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 11 Knit & Stitch <b>1 Bereavement Support Group</b>  <b>3:30 Walking Club</b>	<b>24</b>  <b>10 Toddler Program</b>  12 Spanish <u><b>12 Congregate Meal</b></u> <b>1 BINGO</b>  3:30 Chair Yoga	<b>25</b>  9 Exercise Class  10 Bridge 10 Pitch  <b>2 Get Cuffed Blood Pressure Program</b>  <b>3:30 Walking Club</b>	<b>26</b>  9:45-11 Exercise Class  12 Spanish
<b>29</b>  <b>9 Men's Breakfast</b> 10-12 Spanish   <b>12:30 Pottery</b>				